



BABIES WILL LEARN to have some control over their body. Babies should:

- Hold up their head
- Roll over
- Sit up
- Crawl
- Stand up
- Sometimes walk

BABIES WILL START to relate to other people.

- First babies will relate to you and other adults.
- Later, babies will notice other babies.

BABIES START TO LEARN they are separate from others. Babies will:



- Look at their hands and toes and play with them.
- Cry when their parents leave.
- Learn to know their names.



THE FIRST YEAR

LEARNING STARTS EARLY

What to expect during a baby's first year and how you can help a child grow and learn

IN ORDER TO GROW, babies need:



- Someone who loves them, and helps them quickly when they cry.
- Someone who gets to know them.
- Someone to keep them safe and comfortable.
- Chances to move about and do new things.

BABIES NEED:



- Safe things to look at, grab, bang, pat and roll.
- Safe places to play.
- Chances to hear talking and to make sounds.



BABIES LEARN to talk.

- At first, babies cry and make throaty noises.
- Later, they babble and say "mama" and "dada."
- Then they make lots of sounds.
- They start to name things and people they know.

BABIES START to play games. Babies can:



- Play with their hands.
- Show an interest in toys.
- Start to like "putting in and taking out" games.
- Start to like banging toys together.
- Carry around dolls or stuffed toys.

TIPS to remember:

GIVE CHILDREN love and attention.

- Read, sing and talk each day.
- Meet children's needs right away.
- Hold your baby often.
- Answer your baby's cries and your child's questions.

MAKE SAFE PLAY areas for children.

- Give children time to run, jump and dance.
- Let children do art, or play with blocks and puzzles.
- Give children a chance to do things on their own.

IT IS ALSO good to:

- Set up times to play with other children.
- Let children have a few choices.
- Be a kind and caring example.